



Keep the Commandments

Sometimes I do not feel worthy to be loved by the Savior because I am not totally obedient to the Lord's commandments. I can overcome these feelings

by repenting, sometimes with the help of my bishop, who teaches me that the Lord loves all of His children.

Jacques D., age 15, Abidjan, Ivory Coast

Repentance Is Key

We all commit sin, and because of that, we may feel unworthy of the Savior's love. But He gave His life for us—He sacrificed for us. That selfless act was done because of love. The only thing we need to do to feel worthy of His love is use the power of His Atonement by repenting of our sins. Repentance is the key in recognizing our self-worth and the love of the Savior.

Sister Custan, age 23, Philippines Cebu Mission

Love Others

One way to recognize our self-worth is to recognize the self-worth of those around us. Focusing on others helps us feel good about ourselves because we are building others up. It's a win-win! When I struggled with self-confidence, I decided I would serve someone around me who needed help. Every day for a month I gave a compliment to a friend who was struggling. Focusing on others helped me feel worthy and needed. When we strive to love others for who they are, it becomes easier to see how much God loves us. Helping others feel worthy of love will help us feel worthy of love ourselves.

Jayme W., age 15, Minnesota, USA

Responses are intended for help and perspective, not as official pronouncements of Church doctrine.

I've repented, but I still feel so much guilt. How can I have peace?

Because of Jesus Christ's infinite Atonement, your guilt can be swept away if you fully repent. But people sometimes still feel flashes of guilt over the memory of their sins even though they've repented.

Guilt, or "godly sorrow" (2 Corinthians 7:10), can be helpful. It can center our thoughts on Jesus Christ and lead us to real repentance and change. Shame, on the other hand, centers our thoughts on ourselves and hinders our progress.

The Book of Mormon gives us good examples of how we can repent and then enjoy peace in Jesus Christ:

- Remembering his past sins caused Ammon to praise the Savior and His mercy, bringing him joy instead of suffering (see Alma 26:17-20).¹
- After Alma's "mind caught hold upon [the] thought" of Jesus Christ and His Atonement, he "was harrowed up by the memory of [his] sins no more" (Alma 36:17-19). Though the memory was there, he was no longer tortured by it.²

NOTES

1. See Richard G. Scott, "Peace of Conscience and Peace of Mind," *Ensign or Liahona*, Nov. 2004, 18.
2. See Dieter F. Uchtdorf, "Point of Safe Return," *Ensign or Liahona*, May 2007, 101.

What Do You Think?

"How do I decide whether to serve a mission?"

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Responses may be edited for length or clarity.